

CLAIMS

1. A method of reducing the serum level in a mammal of any one or more of the following:
 - a) cholesterol;
 - b) low density lipoprotein (LDL) cholesterol relative to high density lipoprotein (HDL) cholesterol;
 - c) low density lipoprotein (LDL) cholesterol;
 - d) very low density lipoprotein (VLDL) cholesterol;
 - e) apolipoprotein B; and
 - f) triglyceridesby the ingestion of a composition containing β -casein where the β -casein is comprised of at least 95% β -casein A².
2. A method as claimed in claim 1 where the β -casein is comprised solely of β -casein A².
3. A method for treating any disease or disorder associated with mammalian serum total cholesterol levels, LDL cholesterol levels, apolipoprotein B levels, or triglyceride levels by the ingestion of a composition containing β -casein where the β -casein is comprised of at least 95% β -casein A².
4. A method as claimed in claim 3 where the disease or disorder is selected from hypercholesterolemia, hyperlipidemia, and atherosclerosis.
5. A method as claimed in any one of claims 1 to 4 where the composition is a food or food product.
6. A method as claimed in claim 5 where the food or food product is milk or a product containing or processed from milk.
7. A method as claimed in any one of claims 1 to 6 where the composition is a dietary supplement.
8. A method as claimed in claim 7 where the dietary supplement is a nutraceutical which is ingested for optimising any one or more of the group consisting of

performance during exercise, weight loss, weight gain, muscle building, and muscle repair.

9. A method as claimed in any one of claims 1 to 8 where the composition is milk containing β -casein where the β -casein is comprised of at least 95% β -casein A².
10. A method as claimed in claim 9 where the β -casein is comprised solely of β -casein A².
11. A method as claimed in any one of claims 1 to 10 where the composition has been formed by the addition of an amount of β -casein A² sufficient to alter serum cholesterol levels and/or serum triglyceride levels in a human.
12. A method as claimed in any one of claims 1 to 11 where the β -casein A² is obtained from the milk of bovine cattle or from the milk of yaks, buffalo, sheep or goats.
13. The use of β -casein A² in the manufacture of a composition for reducing the serum level in a mammal of any one or more of the following:
 - a) cholesterol;
 - b) low density lipoprotein (LDL) cholesterol relative to high density lipoprotein (HDL) cholesterol;
 - c) low density lipoprotein (LDL) cholesterol;
 - d) very low density lipoprotein (VLDL) cholesterol;
 - e) apolipoprotein B; and
 - f) triglycerides.
14. A dietary supplement formed by the addition of β -casein to a food or drink for human consumption where the β -casein is comprised of at least 95% β -casein A².
15. A dietary supplement as claimed in claim 13 where the β -casein is comprised solely of β -casein A².
16. A dietary supplement as claimed in claim 13 where the β -casein A² is obtained from the milk of bovine cattle or from the milk of yaks, buffalo, sheep or goats.